**Week 4 Rise and Rebuild: Rebuilding Identity**

*As you read through Nehemiah, we invite you begin the week with the Psalm. Read it and pray through it. Praying Scripture gives shape and meaning to our prayers. It enables us to get God’s word in us and transform us. Each day, pray the Psalm alongside the Nehemiah reading for the day.*

**Scriptures**:

Day 16 Psalm 49

Day 17 Nehemiah 5:1-5

Day 18 Nehemiah 5:6-11

Day 19 Nehemiah 5:12-19

Day 20 Nehemiah 5:1-19

**Sermon Discussion Questions: Nehemiah 4:1-23**

* In what ways do we typically, as the church and individuals in the church, respond to opposition?
* What is the impact of fear amidst the opposition and in the task of rebuilding?
* What sorts of things cause strength to fail in the “burden bearing” work? (vs. 10)
* In the face of opposition, how might we remind ourselves who we are and what we called to do?
* What does it look like to “remember the Lord” or how do we “remember the Lord”? (vs. 14)
* How might we be “loaded” in a way that looks like working with one hand and holding a “sword” in the other? (vs. 17)
* What does it mean to say, “Our God will fight for us”?

**Reflection/Application Questions:**

* What is your typical response, autopilot/modus operandi when opposition comes to you?
* When have you experienced victory in dealing with opposition? What about how you handled the opposition was victorious?
* In what ways does the “burden bearing” work feel too heavy and cause you to falter?
* How are you building resilience and capacity for “burden bearing”?
* What rubbish needs to be cleared away to continue to rise and rebuild?
* For what reasons does it feel difficult to “remember the Lord” and entrust the opposition or our “enemy” to the Lord?

**Rise and Rebuild**

* Strap on the Sword of the Word - Write out some truth cards, carry them with you, read and rehearse them throughout the days this week. (Psalm 121, Romans 12:14; Romans 12:16-21; James 4:6-8; Jeremiah 31:3; Zephaniah 3:17; 1 Thessalonians 5:5; Ephesians 2:10; John 15:9)
* Stand guard each day over yourself, your home, your relationships, your neighborhood, the community, and the church by praying protection and remembering the Lord, the one who fights for us. (Exodus 14:14) Pray the armor of God as you pray over these. (Ephesians 6:10-18)
* Submit, pray, and entrust to the Lord, each day, someone/s in your life through whom there has come opposition, derision, or great anger.